

The FIVE Amazing Benefits  
of Vitamin D

you probably didn't know

by Timothy M. Marshall, Ph.D.  
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# **The 5 Amazing Benefits of Vitamin D**

*You probably didn't know...*

- **Boost your energy and mood** • **Promote fat-burning** • **Boost immunity**

**By Timothy M. Marshall, Ph.D.**

Neuropharmacologist, Nutritional Biochemist

## About the author:

Timothy M. Marshall, Ph.D. utilizing the principles of functional medicine – consults with clients on optimizing health through changes in diet and lifestyle, environmental health influences, and the judicious use of high-quality nutritional supplements. His book, *“Enlightened Nutrition, 18 Ways to Thrive and Survive in a Toxic World”* will be available in stores at the end of the year.

In his pursuit for the “truth,” he earned his B.S. degree in Biochemistry – with a focus on human health and nutrition, and a Master’s degree in Medicinal Chemistry from the University of Arizona. After a few years in Big Pharma, and a few more years as a college chemistry professor, he went on to get his doctorate in Neuropharmacology from the UA College of Medicine. His passions include organic living, being out in nature, cool technology, eastern philosophy, and helping others achieve greater levels of health and happiness in their lives.

**For up-to-date information** on the latest topics in health and nutrition – follow Dr. Tim on [Facebook](#), [Instagram](#), and [Twitter](#):

**Website:** [www.dr-marshall.com](http://www.dr-marshall.com)

***JUST RELEASED***

**[ENLIGHTENED NUTRITION – 18 Ways to Thrive and Survive in a Toxic World](#)**: the nutrition and wellness guide that will change your life.



***Additional eBooks on Amazon/Kindle***

**[Lithium – The Essential Brain Nutrient](#)** - *Boost brain function, reduce stress, and activate vital healing processes in the brain and nervous system with this extraordinary nutrient.*

## **Nature's Revitalizing Hormone-Nutrient**

The “sunshine vitamin” has been receiving a great deal of attention as of late, and rightfully so.

It's essential for the health of all of your 100 trillion cells, and is one of the nutrients that many of us are lacking. Even in sunshine states such as Arizona, California, and Florida – health professionals routinely find patients that are deficient in vitamin D, with levels commonly below 20 ng/mL. To extract the greatest benefit from this miraculous nutrient, it has been suggested that you be in the neighborhood of 40-60 ng/mL for preventative maintenance and optimal health (1,2).

Being derived from cholesterol (3), vitamin D is technically a “hormone” – and as such, is best described as a “super-vitamin”, which regulates thousands of genes and metabolic processes in the body.

The following are some of the amazing health benefits that you can reap every day from this oft forgotten nutrient.



### **Is a Natural Anti-Depressant**

Vitamin D is critical in the brain's production of serotonin, one of your "feel-good" neurotransmitters which promotes a healthy mood, and gives us vibrant energy. Although, not widely known, the brain has a very high requirement for vitamin D, which it needs for optimal functioning. Vitamin D is required for healthy cognitive function – and promotes alertness, focus, and concentration (4).

If your levels are low, vitamin D equals a brain nutrient, extraordinaire.

Next time you're on a road-trip, take a bottle of sublingual D3 with you – the sublingual form gets delivered to the brain within seconds, whereas normal tabs can take more than an hour to be absorbed and processed – and when you feel tired or drowsy – pop a few D3 tabs (6,000 - 10,000 iu), and prepare to be awakened!



### **Increases Energy**

Vitamin D functions as a regulatory hormone that modulates the activity of over 2000 different genes in the body, and plays an important role in a number of energy processes. Vitamin D is also required for the utilization of calcium – necessary for strong bones – but is ALSO a great cellular activator in the body.

If you find yourself chronically low on energy (5) – your vitamin D levels could be low, and some extra D could make a profound difference in your energy levels!

### **Promotes Fat-Burning**

We now know that calcium plays an important role in fat-burning enzymes (and weight loss), and since vitamin D is required for calcium utilization – researchers found that adding vitamin D increased calcium's fat-burning potential (6).

I've personally experienced this one myself after beginning a vitamin D regimen to correct a deficiency, and after a month of supplementation, couldn't believe I had lost 10 pounds with no other changes than the vitamin D.

### **Promotes Mercury Excretion**

This is a big one. Since most of us have some mercury and other heavy metals in our bodies from our 21<sup>st</sup> Century lives – the fact, that vitamin D increases the production of intracellular glutathione (a powerful antioxidant and “chelator” of heavy metals), is a TREMENDOUS benefit of increasing your vitamin D levels (7).

### **Boosts Your Immune System**

Vitamin D plays a strong role in the body's ability to fight off foreign invaders. Getting extra sunlight throughout the year, and taking a good vitamin D supplement (minimum, 2000 iu per day) – especially during the winter months – is a good idea to prevent the flu and other infections, and to keep your immune system running strong (8).

So, with all of its wide-ranging and amazing health benefits – I think it's time we all treated ourselves to a little less work, and a little more “play” – and got outside and soaked up some of those healing, feel-good rays!

Your body and spirit will thank you. ☺

### ***JUST RELEASED***

**PURCHASE:** [Lithium – The Essential Brain Nutrient](#) - *Boost brain function, reduce stress, and activate vital healing processes in the brain and nervous system with this extraordinary nutrient.*

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